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Bangalore Mirror

TEMP Max 30 | Min 23 | Humidity 37% Partly Cloudy Sensex 72,748 | Nifty 22,055 | Gold 65,586 | Silver 75,679 | Dollar 82.90 | Euro 90.27 | GBP 105.58

OLD HABIT
Stick to plastic ban

PAGE 4

WATERHOLES
No shortage of water: CM

PAGE 6

Unscientific rejuvenation impacted 400-year-old lake's capacity to impound rainwater from catchment, locals allege

WAKE FOR THE LAKE

'No approved DPR available for Heelalige project'

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Nearly 100 residents of Heelalige village in Anekal have written to Chief Minister Siddaramaiah and government agencies such as Karnataka State Pollution Control Board and Karnataka Tank Conservation and Development Authority about the pitiable state of Heelalige Lake, post its recent CSR-based rejuvenation.

In the letter, the locals alleged the unscientific rejuvenation process, taken up by an NGO to revive the waterbody, has impacted its ability to impound rainwater from its catchment area. This has severely depleted the groundwater table and has created a severe water shortage, they stated.

Residents said their village is dependent on the 400-year-old lake for domestic and agricultural uses, alongside animal husbandry. However, unauthorised and drastic changes made in the lake last year severely impacted its functionality, according to them.

"A ring bund was created around the lake to block all the water coming to the lake. As a result, now the

CONTINUED ON PAGE 8 »

> "This raises grave doubts about irregularities and mismanagement in the garb of social service
>
> — K Somshekhar Reddy, resident

Total recall

Rising mercury has citizens recollecting high temperatures experienced back in 2016

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The scorching heat in Bengaluru has many residents reminiscing about the weather conditions experienced back in 2016 when the city recorded unusually high temperatures.

According to information sourced from Namma Karnataka Weather on X platform, April 24, 2016 marked a significant milestone as it saw the highest-ever daytime temperature at a scorching 39.2 degrees Celsius.

What's more, this heatwave persisted for an astounding 25 consecutive days, during which the maximum daytime temperature consistently exceeded 36 degrees Celsius in Bengaluru. This prolonged period of intense heat had a significant impact on the daily lives of residents and added to the discomfort caused by the rising temperatures.

Comparing the average daytime maximum temperature for the month of April across different years, it becomes evident that 2016 stood out with an average temperature of 36.5 degrees Celsius. In contrast, the temperature was slightly lower at 34.4 degrees Celsius in 2023 and 34.3 degrees Celsius in 2022.

The analysis of temperature trends in Bengaluru over the years reveals a notable

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Artsy harmony

The 16th edition of the Bengaluru International Arts Festival (BIAF) is all set to captivate audiences with a vibrant celebration of harmony through arts. Commemorating the birth centenary of Pandit Kumar Gandharva, this year's festival, themed 'Celebrating Harmony Through Arts,' will feature five days of divine music and dance. The event showcases performances by renowned artists such as Hindustani vocalists Sangeetha Katti and Venkatesh Kumar, along with captivating dance productions including 'Pratibodhana-The Awakening' and 'Silapadhikaram.' **When- March 22 to 31 Where- Chowdiah Memorial Hall and at Bharatiya Vidya Bhavan**

02 Poets' society

Experience the beauty of language and the depth of expression at "Write Out Loud: An Evening of Poetry." Experience an unforgettable journey through the spoken word. Whether you're a seasoned poet or simply appreciate the art form, this event promises to inspire and captivate. Don't miss this opportunity to celebrate the richness of poetry in all its forms. **When- March 19, 7.30 pm onwards; Where- Lahe Lahe**

Study abroad expo 2024

Study Abroad Funding Expo (SAFE 2024) that concluded on March 17 in Bengaluru offered comprehensive guidance on financing education overseas. Hosted by WeMakeScholars, supported by the Ministry of IT, Govt of India, the expo compares student profiles across 15 banks, offering on-the-spot Education Loan pre-approval with the lowest interest rates. Former scholarship winners conducted live seminars on global scholarship applications. WeMakeScholars, founded in 2015, has aided over 1,00,000 students with scholarships and loans. Co-founder Arjun R Krishna emphasises, "It's better to apply for an education loan via WeMakeScholars, ensuring lower interest rates and negotiation support, even when abroad."

Aim for green vertical with this new technique

Innovative technology by ICAR-IIHR maximises yield, space, sustainability for consistent income, resource efficiency in urban and peri-urban farming

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The ICAR-Indian Institute of Horticulture Research (IIHR) has developed the Arka vertical farming module, which can benefit urban and peri-urban areas with smaller farms that have space constraints. The research, led by Dr Safeena SA, Principal Scientist in the Division of Flower and Medicinal Crops at ICAR-IIHR, Bengaluru, comprises an A-shaped main frame with 11 vertically stacked support frames for the vertical stacking of grow bags (HDPE 500 micron grow bags) measuring 6 feet x 1 foot x 1 foot. These are arranged in 11 tiers designed in a slanting manner to ensure proper harvest of natural light in all vertical tiers.

The module utilises 12 feet of vertical space in the polyhouse. One of its most striking features is the remarkable increase in planting density and yield of Lilium, a popular flower, by six times. This exponential growth in yield opens up new avenues for farmers to maximise their profits within limited space.

Furthermore, Arka's vertical farming module incorporates an efficient water-saving mechanism, boasting an impressive 81 per cent reduction in water usage compared to traditional farming methods. This achievement is attributed to the implementation of a wick system, which optimises water distribution to the crops while minimising wastage.

The technology also prioritises sustainability by employing a lightweight soil-less substrate composed of Cocopeat, FYM, and rice husk in a ratio of 2:2:1 for crop production.

The technology effectively utilises vacant floor space within the vertical structure by incorporating grow bags measuring 6 feet x 4 feet x 1 foot. These grow bags facilitate the production of cut foliage, allowing farmers to diversify their produce and generate additional revenue streams.

In addition, taking advantage of the upper inner tiers of the vertical structure, Arka integrates mild steel flats for the cultivation of shade-loving potted ornamentals. Dr Safeena said, "The technology will benefit growers in urban and peri-urban areas with smaller farms where space is a constraint by making efficient use of the available vertical space and with improved water and nutrient use efficiency. It is a boon to urban horticulture and provides consistent income to polyhouse flower growers in urban and peri-urban areas by using minimal farm inputs."

> **"The technology will benefit growers in urban and peri-urban areas with smaller farms where space is a constraint by making efficient use of the available vertical space and with improved water and nutrient use efficiency**– Dr Safeena SA, Principal Scientist in the Division of Flower and Medicinal Crops, ICAR-IIHR

Major upgrades for KSRTC bus fleet

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TWEETS @BangaloreMirror

The Karnataka State Road Transport Corporation (KSRTC) plans to induct 20 sleeper buses and 20 seater buses into its fleet to enable comfortable travel for long-distance passengers. Currently, KSRTC operates 8,234 buses, including approximately 1,000 high-end buses. This is good news for passengers who depend on KSRTC for long-distance travel, as the corporation has announced plans to introduce more sleeper buses. Additionally, KSRTC has also planned to introduce air-conditioned multi-axle semi-integral seater buses.

On March 16, KSRTC floated a tender for the procurement of 20 sleepers and 20 seater coaches. These buses will be 15-metre-long, long-distance travel buses with BS-VI engines. Each bus is estimated to have 40 seats for maximum comfort. They will also be air-conditioned and feature berths with PU Cushion of CFC-free material with a minimum thickness of 75 mm, upholstered with Grade-1 quality Rexene. Each passenger berth will be provided with a pillow, and luxury/executive-type backrests will be provided for all passenger berths with an ergonomically contoured profile.

The buses will be equipped with three cameras: one facing the front for traffic monitoring, one at the rear for parking, and one in the gangway area to surveil passenger movements. Additionally, the buses will be equipped with Vehicle Location Tracking (VLT) with emergency panic buttons and a fire detection and suppression system.

KSRTC operates over 7,000 km every day with nearly 23 lakh passengers commuting daily. Currently, KSRTC runs several luxury segment buses such as Airavat, Flybus, and Airavat Club class. KSRTC has its corporate office in Bengaluru and covers seventeen districts (Bengaluru Urban, Bengaluru Rural, Ramanagar, Kolar, Chickballapur, Tumkur, Chitradurga, Davanagere, Shivamogga, Mangalore, Udupi, Chikmagalur, Hassan, Mysore, Mandya, Chamarajnagar, Coorg) in the state under its operational jurisdiction.

The corporation functions in a 3-tier system, with a corporate office, division office, and depots. There are 16 divisions - 15 operating divisions, namely Bengaluru Central, Ramanagar, Tumkur, Kolar, Chickballapur, Mysore, Mandya, Chamarajnagar, Hassan, Chikmagalur, Mangalore, Puttur, Davanagere, Shivamogga, Chitradurga, and one bus station division, namely Kempegowda Bus Station at Bengaluru. There are 82 depots, two regional workshops, one central training institute, four regional training institutes, one printing press, and one hospital. KSRTC has a workforce of more than about 34,904 employees.

First-in-country jab for dogs finds no takers

BBMP plans to float tender for combined vaccine all over again as first call marred by tech glitch receives no bidders

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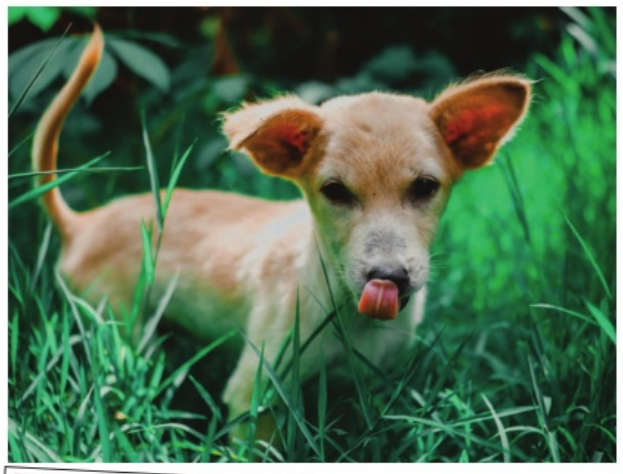

After failing to get even a single bid for the combined vaccine for stray dogs, the Bruhat Bengaluru Mahanagara Palike (BBMP) has called a short-term tender again. According to sources, the first tender also lasted for six days due to technical issues.

This is just the latest in a series of hurdles to BBMP's project of a combined vaccine for dogs. The Animal Husbandry Department of BBMP had called the tender for using the combined vaccine as the first in the country. Consequently, keeping quality in focus, a global tender was called. The plans involve immunising 1,84,671 street dogs and microchipping the dogs to avoid duplication. Despite objections from animal activists, BBMP is continuing with the project of microchipping stating its importance in dog surveys.

However, now the Palike has floated a tender for the second time as there were no bids for the first tender. "The first tender received no bids. Due to some technical issues, the tender period was only for six days. We have now again floated the tender for combined vaccine and this will last for 15 days," said a senior BBMP official from the Animal Husbandry Department.

There are nearly six-seven companies that are eligible for the combined vaccine in India and per dose it is expected to cost at least Rs 1,000. Just to procure the vaccine, the Palike would have to shell out Rs 18,46,71,000.

The combined vaccine will be part of the ABC-ARV mission of the Palike but they plan on continuing with the ARV vaccine as well. The five-in-one dose will contain live attenuated freeze-dried vaccine for immunisation of street dogs against canine distemper, canine adenovirus type II, canine parvovirus, canine parainfluenza virus, and the liquid fraction for canine leptospirosis. Nearly 50 per cent of the vaccination drive will be conducted with the combined vaccine.

In addition to the combined vaccine, Palike is also going ahead with the microchipping plan. To avoid strays from getting immunised twice on the streets and ABC centres, Palike has also decided to microchip the dogs. After using a scanner, BBMP will be able to get several vital details about the stray like the date of ABC surgery, date of ARV immunisation, location/zone, date of combined vaccine administration and avoid double vaccinations.

However, activists have objected to the move stating that ABC-ARV efforts should be conducted as per Supreme Court directive and not as per BBMP whims.

BangaloreMirror

'Why BBMP should rethink plan to microchip stray dogs spending Rs 3.8 crore, geotag them instead'

CIVIC BODY BARKING UP THE WRONG TREE?

No suitable locations found for ABC centres yet

This is in complete violation of the Supreme Court's orders, AWBI guidelines and directives

BM reported on March 18 about BBMP not doing all it can for ABC programme instead of focusing on microchipping

Row over loud music: 3 arrested

Three people were arrested on Monday for allegedly assaulting a shopkeeper over playing loud music during 'Azaan' (Islamic call to prayer) here, the police said even as BJP MP Tejaswi Surya called for mass chanting of 'Hanuman chalisa' at the spot where the incident reportedly occurred.

The Karnataka unit of the BJP slammed the Congress government in the state over the incident. The assault allegedly took place over playing Hanuman chalisa, a Hindu devotional hymn in praise of lord Hanuman, at a shop in central Bengaluru area.

However, the police said they did not find any substantial evidence to support the accusation and the complaint did not mention it.

According to the FIR, an altercation broke out between Mukesh and the gang members over loud music being played, on Sunday evening at Siddannagalli under the limits of Halasuru Gate police station.

Sequence of events

In the purported CCTV footage, which has gone viral a group of youth is confronting the shopkeeper over playing the 'bhajan' during Azaan time.

CCTV footage of group confronting shopkeeper for playing 'bhajan' has gone viral

It led to a heated argument between them with one of them grabbing the shopkeeper's collar.

When the victim tried to retaliate, they dragged the shopkeeper out of the shop and beat him up.

According to police, the shopkeeper played a song on high volume during the time of Azaan, which apparently irked the youth belonging to the minority community. They went to question the shop owner, leading to an argument.

One of the youths started punching Mukesh and a fight ensued between them. Based on the complaint, a case has been registered and three men were arrested.

The FIR has been registered under 506 (punishment for criminal intimidation), 504 (intentional insult with intent to provoke breach of the peace), 149 (every member of unlawful assembly guilty of offence committed in prosecution of common object), 307 (attempt to murder) and other relevant sections of the Indian Penal Code. **PTI**

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Cancer Fighter - Naseeb Singh

My name is Naseeb Singh, and I live in Canada. In 2017, I was diagnosed with colon cancer, which completely changed my life. I consulted many doctors and underwent numerous tests, but surgery was recommended everywhere I went, so I had the surgery done. Even after the surgery, I didn't feel well, but I thought it was just the aftermath of the surgery. When my condition began to deteriorate again, and we visited the doctor, I found out that the cancer had spread to my liver, and I underwent another surgery, but still, there was no improvement in my condition. Due to treatment, I lost my hair and had to stop wearing my prosthesis. I wasn't told that I only had six months left to live, but I began to realize that I wouldn't be able to survive. Then, at the insistence of some friends, I started treatment at a cancer healing center and consulted doctors online. Shortly after starting treatment, I began to notice a difference in myself—I started feeling hungry again, my hair started growing back, and a glimmer of hope arose that I could get better. Along with the treatment, when I got tested again, there were positive results. Today, I am completely fine, my reports are normal. I am grateful to Dr. Tarang Krishna and his entire team who gave me life once again and returned my dignity by giving me back my prosthesis.

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Plastic-free pursuit for South Bengaluru markets

Joint initiatives target street vendors and customers to adhere to the ban on single-use plastic

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The Bruhat Bengaluru Mahanagara Palike (BBMP) Solid Waste Management Department, in collaboration with residents and volunteers from non-governmental organisations, conducted an awareness programme in Bengaluru South regarding the significance of waste segregation, the ban on plastic, and the importance of cleanliness in public areas. The BBMP Solid Waste Management team, along with volunteers, organised awareness campaigns at Sarakki Market, Madiwala Market, and other key locations in Bengaluru South. Volunteers encouraged vendors to opt for paper or cloth bags instead of plastic covers or bags at the marketplaces.

Awareness drive on the significance of waste segregation and the ban on single use plastic organised by citizens of South Bengaluru

“We have been convincing vendors at Sarakki market not to use plastic. While a few of them have stopped using plastic, others are yet to shift to using paper bags

– Shwetha Urs, secretary of Women of Wisdom

Although the BBMP authorities have been organising awareness programmes frequently at different locations in the city, street vendors continue to use plastic. The volunteers stated that they have been trying to convince the vendors to stop using plastic, but not many of them are willing to desist from it.

“We have been trying our best to convince various vendors at Sarakki and Madiwala markets to avoid using plastic. A few vendors have already switched to paper or cloth bags. However, many of them are yet to follow the ban on plastic,” said BBMP Solid Waste Department assistant executive engineer.

Emphasising the need to implement a ban on plastic, Shwetha Urs, secretary of Women of Wisdom (WoW), stated that WoW volunteers have been working with the BBMP Solid Waste Department for more than a year. “We have been convincing vendors at Sarakki market not to use plastic. While a few of them have stopped using plastic, others are yet to shift to using paper bags at the market. We are encouraging customers to bring cloth bags to carry vegetables or fruits. There are occasions where we announce their names through a public announcement system stating that these people have brought cloth bags. It will be an encouragement for such customers,” said Shwetha Urs.

She said there are occasions when the volunteers of WoW have had to visit Sarakki market during the wee hours to keep vigil on those who bring plastic along with vegetables or fruits. “We can find more plastic with those who bring vegetables, greens, or fruits in these hours than those who do business in the market during the day,” she said.

Expressing a similar opinion, Koramangala Residents’ Welfare Association president Padmashree Balaram stated that the need of the hour is to create awareness among consumers on the ill effects of using plastic. “We, along with the BBMP authorities, have been trying to stop the usage of plastic at Madiwala Market but in vain. If consumers bring cloth bags and refuse to take goods or vegetables packed in a plastic cover, the usage of plastic will come down,” opines Padmashree Balaram.

Meanwhile, the volunteers have created awareness among vendors on the segregation of waste, the ban on single-use plastic, and other issues through street plays at different locations in Bengaluru South.

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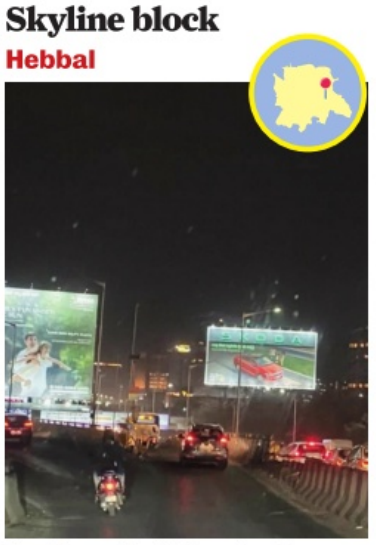
Unattractive sight

Jayamahal

A dump yard outside the Jayamahal Palace has marred the city’s landscape, right in the heart of the city, by the underpass.

Skyline block

Hebbal



The flyover is cluttered with billboards, distracting drivers and congesting the skyline.

Hon’ble Court of FTC, Motor Accident Claims Tribunal Korba District - Korba (Chhattisgarh) Memorandum

Mukesh Yadav

Versus

Subramaniam Gounder & others

The above applicant Mukesh Yadav has filed a claim against the non-applicant Subramaniam Godar in the court Mr. FTC Motor Accident Claim Tribunal Korba District Korba Chhattishgarh. The application has been submitted under Section 166 of the Motor Vehicles Act and the date for hearing of the said application has been fixed on 01.05.2024.

Hence, the Non-applicant Subramaniam Gonder S/o Palaniappa Gonder, aged 65 years, Sakin House No. 7/48, Sevakupatti Post Kodur, Police Station Kadampalayam, District Namakkal (TamilNadu). If you have any objection regarding the above case, then appear in the hearing on 01.05.2024 at 11.00 am and present your reply claim in this court, otherwise the case The hearing will be conducted by taking ex-parte action against you.

Issued today on 19.02.2024 under the seal of the court and my signature.

Sd/- Smt. Jyothi Agarwal
Hon’ble FTC, Motor Accident Claims Tribunal Korba, District Korba

Palike urged to hasten underpass fixes

Slow progress in addressing rainwater issues and lack of lighting raises concerns over underpass safety in city

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TWEETS @BangaloreMIRROR

After the incident of the death of a techie when her car, in which she was travelling, entered a flooded underpass at KR Circle last May, the Citizens for Citizens (C4C) team followed up with the Bruhat Bengaluru Mahanagara Palike (BBMP) to address a couple of issues at all the underpasses in the city to prevent further mishaps. However, they pointed out that the progress of BBMP’s work remains slow and needs to be accelerated to urgently fix the issue.

Raj Dugar, founder and convenor of C4C, said, “Between June and July last year, I was in communication with the BBMP to address the major issues at the underpasses. There have been instances of vehicles getting stuck during the rains, and even a techie lost her life. We do not need such mishaps to occur again in the future. We listed four important issues, and the work would not take that long to be completed. However, we see that in the past eight months, work is moving slower than a snail’s pace.” The issues that need to be addressed are the direct rainfall falling on the underpasses, water entering from the slopes, and the lack of a good drainage system that leads to frequent clogging whenever it rains.

Dugar said, “We had advised covering the slopes so that there is no direct rainwater falling on the underpass. Where the water enters from the surrounding areas, there needs to be drains at the entry and exit of the underpass so that the water can directly flow into the drains. The drainage system should be efficient and cleaned.”

Apart from this, another important issue highlighted is the lack of lights in the underpass. “In most of the underpasses, there are no lights, and it will be dark when entered. It is a must to have adequate lighting for safety and security,” he added.

It was also pointed out that there should be a smooth road across the underpasses for the smooth travel of commuters. There have been many instances in the past where there was frequent water logging, for instance, the Keno Theatre underpass in Sheshadripuram. The underpass at the Cunningham Road-Sankey Road junction is also very vulnerable to flooding and is poorly lit, and even at the Kaveri Theatre underpass, flooding is common. “During the month of June, we might have rains again, so before that, all the works at the underpasses in the city need to be addressed,” added Dugar.

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SCARCITY IN CITY

Only registered tankers can supply water: BBMP

Only 1,732 registered out of an estimated 2,000 water tankers; Palike enforces sticker mandate for identification

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TWEETS @sridharvMIRROR

People collecting drinking water from a water tanker amid the ongoing water crisis

The Bruhat Bengaluru Mahanagara Palike (BBMP) has announced that water tankers failing to register with BBMP/Bangalore Water Supply and Sewerage Board (BWSSB) will not be permitted to supply water. This decision aims to regulate water tanker operations, following BBMP's earlier call for voluntary registration. Despite an estimated 2,000 water tankers in the city, only 1,732 have registered, with the registration deadline having passed last week. To distinguish between registered and non-registered tankers, BBMP has issued stickers to registered ones, which owners must display for easy identification.

Currently, 1,732 water tankers are registered with BBMP. The highest number of registrations comes from Bengaluru South (456), followed by East Zone (406), Mahadevapura (341), Yelahanka (141), Bommanahalli (117), Dasarahalli (978), and the lowest in RR Nagar (86).

Suralkar Vikas Kishor, BBMP's Special Commissioner for Health and Animal Husbandry, said, "A senior BBMP official mentioned that the stickers were obtained from BWSSB, which was then handed over to BBMP, and these stickers have been distributed zone-wise. BBMP has instructed water tanker owners to display the registration certificate issued by BWSSB, sticker registration number, owner's name, phone number, and zone name. Failure to display these details will result in consequences. Both BBMP and BWSSB have instructed registered water tankers to supply water at fixed prices only. Unregistered tankers will not be permitted to supply water. Officials also mentioned that if any water tanker is charging more than the fixed price, residents can complain to BWSSB helpline number 1916 or BBMP helpline 1533. Zonal commissioners have also been provided with details of registered water tankers in their respective jurisdictions."

Despite challenges, BWSSB is actively seeking solutions to enhance groundwater levels in Bengaluru

These 1,732 tankers can supply 10 MLD of water daily. Meanwhile, BWSSB aims to drill borewells based on geological reports, with the assistance of four geologists. "We have restricted Cauvery water usage solely for drinking purposes and urge public cooperation. Our staff will impose on-the-spot fines for any violations," said a BWSSB official. Despite challenges, BWSSB is actively seeking solutions to enhance groundwater levels in Bengaluru, including plans to infuse treated water into dry lakes and deploy private and temporary mobile water tankers for water replenishment.

BBMP Chief Commissioner Tushar Giri Nath emphasised early action ahead of the monsoon, urging officials to identify flood-prone areas and prevent flooding. Coordination with BWSSB is essential to ensure drinking water supply, particularly in the 110 villages. "Officials have been instructed to promptly address complaints, especially from the villages, within a time-bound manner," Nath added.

CM assures no shortage of water

Bangalore Mirror Bureau
mybangaloremirror
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TWEETS @BangaloreMirror

Ct there is enough storage of drinking water in Cauvery and Kabini, ensuring sufficient water availability until the end of June. Currently, there is 11.02 TMC of water storage in KRS and 9.02 TMC in Kabini.

However, issues arise from the fact that out of 14,000 government bore wells, 6,900 are dry, leading to problems. Additionally, out of 110 villages newly added to BBMP, 55 villages are facing water-related issues. Fortunately, after the completion of Cauvery Phase 5 work by the end of June, around 775 MLD of additional water will be available to these areas, benefiting the 110 villages in need. To address the situation, new bore wells are being drilled at 313 locations, and 1,200 inactive bores will be revived.

In response to the crisis, instructions have been given to utilize all private tankers, including KMF, in slums, upland areas, and bore well-dependent areas. Furthermore, the number of control rooms is being increased to promptly address complaints and supply water to affected areas. It has also been mandated to avoid using drinking water in parks and instead use treated water. Additionally, efforts are underway to fill the lakes of Bangalore like KC Valley and 14 other major lakes that have dried up, which will help recharge bore wells with groundwater.

Financially, there is no shortage of funds for drinking water, with both the government and BBMP providing sufficient resources. To sustainably manage water resources, it is recommended to harvest rainwater, purify it, and reuse it on a large scale. Currently, Bengaluru city requires 2,600 MLD of water for drinking and industrial purposes, out of which 1,450 MLD is sourced from the Cauvery River, and 650 MLD from bore wells, leaving a shortage of 500 MLD.

BM Trippin' Tales

Consumer Connect Initiative

Jog Falls: Just a trickle now, tourists disappointed

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TWEETS @sridharvMIRROR

The previously lively Jog Falls has transformed into a parched spectacle, disappointing tourists before the summer season. The waterfall now barely trickles, and due to inadequate infrastructure and various restrictions, there has been a significant decline in tourist arrivals.

Traditionally, by the end of March, the waterfall would dry up, with water from China Gate contributing to its flow. However, this year's low rainfall has depleted Linganamakki reservoir's water levels, forcing the Karnataka Power Transmission Corporation Limited (KPTCL) to halt water releases for power generation and drinking purposes until the end of May. Typically, the Sharavathi River's flow from the Linganamakki reservoir to the waterfall would be supplemented by streams from the hill. Unfortunately, these streams dried up early in January this year. The water scarcity has also impacted nearby villages, particularly farmers who rely on the water for summer crops and drinking purposes. The scorching sun has caused rocks to crack and crumble, exacerbating the situation.

"Tourism has taken a hit, with a noticeable decline in tourist numbers since January. The lack of infrastructure, coupled with restrictions on sightseeing places, has deterred visitors. Local authorities' promise of year-round water flow in Jog Falls has proven false, especially with challenges in maintaining the water release schedule from Linganamakki reservoir", said an official. Local Taxi Drivers Association president, Fernandes stressed the need to lift the tourist ban to revitalise tourism in the area. However, ongoing construction activities, inadequate facilities like toilets for tourists, and a considerable amount of dust due to digging works have further deterred visitors.

The decline in tourist footfall is evident, with statistics showing a decrease from 6,818 tourists in January and February last year to 3,506 in 2014. This drop is attributed to restrictions on visiting places like Raja Falls, Rani Falls, and Gundi Falls.

Sadananda Gowda to share his 'inner feelings'

Upset about being denied ticket, leader says 'nothing left to say BJP is party with difference'

KAUSHIK JN

Amid speculation that Congress has contacted him, former Chief Minister and BJP MP DV Sadananda Gowda on Monday said he will share his "inner feelings" soon.

The 71-year-old former Union Minister, who is celebrating his birthday today, expressed his displeasure over being denied the ticket to contest from Bangalore North again and said "there is nothing left to say that BJP is a party with a difference in Karnataka."

BJP shifted Union Minister of State for Agriculture and Farmers Welfare Shobha Karandlaje, who is currently representing Udupi Chikmagalur Lok Sabha segment, to contest from Bangalore North.

"It is true that I have been contacted by others, it is also true that our party leaders also contacted and discussed with me. Last night a predominant office bearer of our party came to me and tried to pacify me. Various things are happening," Gowda, a former State BJP President, said in response to a question.

Speaking to reporters here, he said today being his birthday he would like to spend time with family and well wishers.

"After that, making a decision, I will come before you, and address the media...I have to share my inner feelings. I have to discuss with my family on my decision, after my consciousness, I have to consult my family," he added.

Claiming that BJP National General Secretary and Karnataka incharge Radha Mohan Das Agarwal had told him that out of 28 constituencies, Bangalore North was the only segment where there is no other candidate other than him, Gowda said he has information about certain developments that have happened in Delhi and here in the party.

Umbrellas and flags of the BJP and Congress are put on display at a shop in the city, on Monday

> **I had decided to stay away from electoral politics, but I was pulled back asking me to contest by all senior state leaders, but no one came to my rescue at the last minute** –Sadananda Gowda

"I had decided to stay away from electoral politics, but I was pulled back asking me to contest by all senior state leaders, but no one came to my rescue at the last minute, and have caused some embarrassment to me," he said. Further noting that ups and down and embarrassments are common in politics, the former Union Minister, however, said despite knowing things, sacrificing someone for selfish motives "will hurt." "There is nothing left to say, (BJP is) a party with a difference in Karnataka, this has pained me. I will speak about it," he added.

Gowda had earlier announced his decision to retire from electoral politics, but later backtracked saying that there is pressure on him to contest the election again.

'Cong frustrated'

Meanwhile, Karandlaje, who met Gowda on Monday and greeted him on his birthday, said Congress will not be successful in its attempts.

"Congress is frustrated and confused without candidates, don't know who all they are contacting, Sadananda Gowda is a former Chief Minister, he had occupied several important ministries at the Centre. He is our senior leader, Congress will not be successful in this. Let them contact whoever they want, everyone will support Narendra Modi and will work towards making him PM once again," she said. **–PTI**

JD(S) indicates displeasure over issue of seat-sharing

Amid reports that the BJP would give its ally JD(S) only two seats in Karnataka for the Lok Sabha election, the regional party's state President HD Kumaraswamy expressed unhappiness about it on Monday and said he has faith that his party would be given three-to-four seats. The former chief minister said his party leaders have asked him to communicate to the BJP leadership the need to treat the JD(S) "respectfully" and make them understand its strength in at least 18 Lok Sabha segments.

A meeting of JD(S) core committee members, observers to all the Lok Sabha constituencies, district presidents, and sitting and former MLAs was held on Monday in the presence of the party's national President H D Deve Gowda and Kumaraswamy.

"I will not speak until there is an official announcement. I have not asked for six or seven seats. Since the day discussions began between both of us, we have asked for three-to-four seats," Kumaraswamy said in response to a question about reports that the BJP may allot just two seats to the JD(S). Speaking to reporters after the meeting, he said the BJP knows the strength of the JD(S), and he has faith that they will give three-to-four seats to his party.

"To take two seats, should I make so much effort? Do I have to make so many adjustments? In Hassan and Mandya, even now I can say our candidates can win if we go independently, and if there is a triangular contest, we can win easily," he added.

The JD(S), which joined the NDA last September, has forged an electoral alliance with the BJP, and seat-sharing talks are on.

The regional party is expected to contest in three seats, Mandya, Hassan and Kolar. **PTI**

Eshwarappa skips PM's rally, in embarrassment to party

#SHIVAMOGGA

Senior BJP leader KS Eshwarappa, who has raised a banner of revolt over denial of ticket to his son to contest the coming Lok Sabha elections from Haveri, on Monday skipped Prime Minister Narendra Modi's rally here, in an embarrassment to the party.

The 75-year-old former Deputy Chief Minister, who has turned down the invitation to attend the event, was seen visiting maths of various communities.

Eshwarappa has announced he will contest as an independent candidate from Shimoga (Shivamogga) in the coming Lok Sabha polls, blaming veteran BJP leader BS Yediyurappa and his son BY Vijayendra, who is state BJP President, for his son KE Kantesh being denied ticket.

Yediyurappa's son and sitting MP BY Raghavendra is the BJP candidate from Shimoga, and Eshwarappa is firm on contesting against him despite efforts by the party leaders to pacify him.

Eshwarappa, a former BJP state president, Yediyurappa and former Union Minister late H N Ananth Kumar were widely credited with building the party from the grassroots in Karnataka. Yediyurapa and Eshwarappa hail from Shivamogga district.

Eshwarappa has alleged that Yediyurappa, who is a member of the Parliamentary Board, had promised Kantesh the ticket to contest from Havari but betrayed him.

Yediyurappa has denied the charge, saying candidates are finalised by the party's central election committee and he had no role in it.

BJP leaders, including party national general secretary and State poll in-charge Radha Mohan Das Agarwal, met Eshwarappa to persuade him to change his decision but he stood his ground.

Prime Minister Narendra Modi during an election rally ahead of Lok Sabha polls, in Shivamogga, on Monday

Former Chief Minister Basavaraj Bommai has got BJP's Haveri ticket.

Eshwarappa has alleged that the BJP in Karnataka is in the clutches of the Yediyurappa family, and has claimed that his fight was to "save the party and its ideology" in the state on behalf of "hurt party workers", and to make Narendra Modi Prime Minister once again.

He has also said that several Hindutva leaders were being neglected by Yediyurappa and Vijayendra.

Speaking to reporters, Vijayendra expressed confidence about the Eshwarappa revolt issue getting resolved, and said it was natural for aspirants to get upset on not getting the ticket to contest elections.

Acknowledging Eshwarappa's contribution in building and strengthening the BJP in Karnataka, he said the candidates for Lok Sabha polls were decided by the party's national leadership, and it was not his decision. **–PTI**

It is really good to be back: Virat Kohli after joining RCB camp

Star India batter Virat Kohli expressed happiness at his return to the Royal Challengers Bangalore (RCB) camp ahead of the Indian Premier League (IPL) season starting from March 22 and acknowledged "It is really good to be back."

The 17th season of the Indian Premier League (IPL) will start on March 22, with defending champions Chennai Super Kings (CSK) set to clash with Royal Challengers Bangalore (RCB) in a South Indian derby at their home arena--MA Chidambaram Stadium.

RCB player Virat Kohli during a training session ahead of the IPL 2024 cricket tournament, at M Chinnaswamy Stadium

Virat has not played any competitive cricket since the two T20I matches of the three-match series against Afghanistan in January. He missed the five-match Test series against England at home due to the birth of his son Akaay in London. With the IPL just a few days away, the fans are no doubt excited to see Virat back on the cricketing field, wearing the Red and Gold colours of the franchise.

In a video posted by RCB on their social media, Virat said, "It is really good to be back, firstly playing cricket. Also, exciting to come back to Bangalore for the start of the IPL season. Similar emotions, similar feelings. I have not been off the media radar for two months, I have been into normalcy you can say. I am pretty happy to back, I hope all the fans are happy and excited as well."

This season of IPL will be crucial for Virat as the women's RCB team has lifted their maiden Women's Premier League (WPL) after beating Delhi Capitals in the final on Sunday at Delhi's Arun Jaitley Stadium. Virat, once the RCB skipper, will be looking to end the men's team's 16-year title drought. Also, a great IPL campaign will also help him solidify his spot in India's ICC T20 World Cup 2024 squad, where his spot is under threat due to the emergence of young players as per several media reports.

Virat is the highest run-getter in the IPL of all time. In 237 matches and 229 innings, Virat has scored 7,263 runs at an average of 37.24, with a strike rate of 130.02. His best score is 113. He has scored seven centuries, most by a batter and 50 fifties in his IPL career. **ANI**

Is Bengaluru feeling 2016 weather?

CONTINUED FROM PAGE 1

increase in both moderate and extreme heat conditions.

According to an analysis of Namma Karnataka Weather update on X platform, Bengaluru experienced 71 days with temperatures at 34 degrees Celsius and 55 days with temperatures exceeding 35 degrees Celsius. This equates to a total of 126 days, roughly equivalent to three months, with temperatures surpassing 34 degrees Celsius.

In 2015, there were 26 days with temperatures reaching 34 degrees Celsius and 10 days with temperatures above 35 degrees Celsius. The subsequent year, 2016, saw a significant increase, with 76 days recording temperatures at 34 degrees Celsius and 49 days exceeding 35 degrees Celsius.

In 2017, the number of days with temperatures at 34 degrees Celsius was 68, while 53 days experienced temperatures surpassing 35 degrees Celsius.

However, 2018 witnessed a decline, with only 23 days registering temperatures at 34 degrees Celsius and merely two days exceeding 35 degrees Celsius. In 2019, there were 74 days with temperatures hovering around 34 degrees Celsius and 44 days with temperatures above 35 degrees Celsius. The trend continued in 2020, with 45 days recording temperatures around 34 degrees Celsius and 22 days exceeding 35 degrees Celsius. In 2021, there were 41 days with temperatures at 34 degrees Celsius and 17 days with temperatures surpassing 35 degrees Celsius. In 2022, likewise, 36 days experienced temperatures of 34 degrees Celsius, while 10 days saw temperatures exceeding 35 degrees Celsius.

In 2023, there were 30 days with temperatures at 34 degrees Celsius and 16 days when temperatures exceeded 35 degrees Celsius. As of March 9, 2024, there have been 10 days with temperatures breaching 34 degrees Celsius and two days when temperatures exceeded 35 degrees Celsius.

"This detailed analysis shows a consistent trend of increasing temperatures in Bengaluru over the years, with fluctuations observed annually. The rise in both moderate and extreme heat conditions has significant implications for various aspects of life in the city, including public health, infrastructure, and urban planning.

There is a need for climate change mitigation and adaptation measures to address the challenges posed by rising temperatures and ensure the city's resilience in the face of climate change. Moreover, the increasing frequency of hot days can strain the city's infrastructure and utilities, including energy resources.

Demand for cooling systems such as air conditioners escalates during periods of extreme heat, resulting in higher electricity consumption and potential power shortages. Additionally, rising temperatures may exacerbate air pollution levels, further compromising air quality and contributing to respiratory issues among the populace," said a weather expert.

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I, Gandluru Guruswapna w/o Mohammad Kamil R R/o Flat No TF-5 3rd Floor #401/15, 16, 17 Sri Durga Elite Shantipriya Layout, Begur B'luru-560068 Have Changed my name to Musfira Maryam vide Affidavit Dt: 18/03/2024 Before Notary B S Padmaprasad B'luru.

I, Savita Sanjay Kumar Tandle W/o, Sanjay Kumar Tandle R/o 383 D,15th Main, Shantiniketan Layout, Arakere, Bannerghata Road, Bangalore - 560076 have changed my name to Savita Tandle for all purposes.

I, Shemida d/o Dimple Valentina George R/o No 140/2, 2nd Main Munireddy Layout Horamavu Banaswadi Bengaluru-560043 Have Changed my name to Shemida Martin for all Purposes.

I, BALAMURUGAN MANRAJAH (OLD NAME) S/o. Manrajah Vellaiyappa Pillai, age 45 years, R/at No. 302, Block-A, Arcade Elegance, Divya Unnathi Layout, Horamavu, Babusapalya, Bangalore 560043. I have changed my name as BALAMURUGAN V M, Affidavit Dated 14/03/2024 Sworn before Notary A.R. MUNEER AHMED, Bangalore

I Muniraj Ramachadrappa Pannathur S/O, Ramachandrappa R/o 46 Manjunatha Nilaya Km Nagaraj Layout Sarjapur Main Road Kodathi Village Bengaluru 560035 have changed my name to Muniraj Ramachandrappa Pannathur.

I Gulfam Urf Sabiha Amiruddin Kodakeri W/O, Mahammad Azaruddin Chavadi R/o No. 31, Ground Floor, 3rd Cross, Syed Block, Annasandrapalya, Hal Post Bengaluru. 560017 have changed my name to Gulfam Urf Sabiha Kodakeri.

I, Dhakshesh A, R/a #H84, 2nd A Main, Nagappa Block, Bangalore 560021. I have changed my name to Devaansh Jain. Vide affidavit dated 15-03-24 sworn before notary D.G. Shanthappa Bangalore

Awry lake revival: Villagers write to CM

CONTINUED FROM PAGE 1

lake is unable to impound rainwater coming from the catchment area, creating a water shortage for the farmers and villagers. The only water received is during rainfall, which is insufficient to sustain the lake even for three months in a year. Most of the borewells in the area have dried up after the project," said Santosh Reddy, a resident of Heelalige.

Locals noted that while the KTCDA act mandates that any lake rejuvenation project in the state can be launched only after getting its DPR (detailed project report) approved, no approved DPR is available for the Heelalige Lake project.

Despite repeated demands from the public, details of the project were not shared by either the NGO in question or Chandapura Town Municipal Corporation (TMC).

"Despite repeated requests, no information was shared about who had permitted this project, what work was done at the site, and which all parties were involved in the lake development, funding, design, and soil and waste management. This raises grave doubts about irregularities and mismanagement in the garb of social service," said K Somshekhar Reddy, another resident.

Villagers highlighted that while a 30-metre buffer zone for the lake was to be marked and all encroachment around the lake cleared, these measures were not adopted, violating buffer zone norms.

"Villagers are suspicious about some tracts of land that seem to be being grabbed by vested interests and the same can be confirmed by further surveys and investigations into the matter. A survey of the lake is also required to determine the volume of the silt and sludge, and whether the lake has a concealed bed at the bottom. This step was not followed during the rejuvenation process and thus we do not know how much silt and sludge was to be removed, and how much groundwater recharge will happen after the completion of the project," said another resident.

Through the complaint, sent to 16 agencies and political leaders in the state, locals have demanded an investigation into the rejuvenation activity. They said not only disciplinary action should be taken against the officials involved in this project, but the lake should be restored to its original state. Moreover, detailed instructions should be issued, they added, to all officers to ensure that such shoddy work is never repeated anywhere in the state.

"If our demands are not met immediately, we will be forced to hold a protest. Apart from the NGO, companies which sponsor such projects through CSR funds should also be held responsible and must bear the liability," said the resident, raising concern that if corrective measures are not taken immediately, water shortage in the area will become severe over the coming months.

HEALTH TIP: Vitamin pills may help people with deficiencies, the elderly or pregnant women, but research has shown that overdose may result in problems

Millets are an excellent source of protein and dietary fibre

BangaloreMirror | 9
Tuesday, March 19, 2024
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CALL THE BLUFF

Three ways to tell health information based on evidence from pseudoscience

I drink borax!" proclaims the smiling TikToker. Holding up a box of the laundry additive, she rhymes off a list of its supposed health benefits: "Balances testosterone and estrogen. It's a powerhouse anti-inflammatory…. It's amazing for arthritis, osteoporosis…. And obviously it's great for your gut health."

Videos like these prompted health authorities to warn the public about the dangers of ingesting this toxic detergent — and away from such viral messaging that promotes unsubstantiated and medically dangerous health claims.

Health information is increasingly being shared online, and often the borders between legitimate health expertise and pseudoscience aren't clear. While the internet can be a valuable and accessible way to learn about health, it's also a place rife with disinformation and grift, as unscrupulous influencers exploit people's fears about their bodies.

Evidence and influencers

In my medical practice, I can usually track online wellness trends, such as a patient refusing a medication because of online claims — many of which are false — that it lowers testosterone, or the several months when it seemed everyone was taking turmeric for joint pain, or the patients who request an ivermectin prescription in case they catch COVID.

So how does someone who simply wants to learn more about the human body sift through the information? How to separate bad-faith grift from good advice?

Wellness influencers tap into a truth about how we process information: it's more trustworthy when it comes from a person we feel like we know. That's why a charismatic personality's Instagram account that uses intimate stories to promote parasocial attachment — the sense of being part of a community — is more memorable than a website offering dry recitations of evidence.

But as social media has become ubiquitous, health experts have caught on that sharing their personal side alongside reliable advice can be a good use of their platform. At first glance, these two groups may seem similar, but the following tips can help determine if the person posting health advice is actually knowledgeable on the topic:

> **Science is a process of discovery, so scientists emphasise talking about current evidence rather than "truth", which is of a faith-based concept**

1. Are they selling something?

Rarely do popular wellness influencers post out of the goodness of their hearts. Almost invariably these accounts are trying to profit from the virality of their content.

Whether it's a supplement store, a diet book, a subscription to a lifestyle community or a Masterclass series, the end goal is the same: transform social media influence into sales. Gushing over life-changing benefits from something the promoter is selling should always prompt skepticism. Some legitimate health experts also sell advice, usually in the form of newsletters, books or podcasts, and this is worth keeping in mind. However, there's a big difference between selling a subscription to a health newsletter that discusses evidence and promoting your own supplement shop, where your financial motives shape how you present the information.

2. What are the boundaries of their expertise?

True expertise in a subject requires years of dedicated study and practice. That's why people are rarely experts in more than one or two domains, and no one is a pan-expert on everything.

If a wellness influencer promotes themselves as erudite on all health topics, that's actually an excellent indication of their lack of knowledge. A real health expert knows the limitations of their knowledge and can call on others' expertise when needed. So the podcast host who opines on every health issue is substantially less worthwhile to listen to than the podcast host who brings on guest experts for topics outside their scope.

3. How do they talk about science?

Science is a process of discovery, not a static philosophy, so scientists emphasise talking about current evidence rather than "truth", which is more of a faith-based concept.

If someone wants to post about their personal wellness philosophy or their spiritual journey and how it makes them feel, that's fine. But dropping in biology jargon without explanation or name-checking one or two questionable studies without fulsome discussion isn't a meaningful way to engage with the evidence on a health topic.

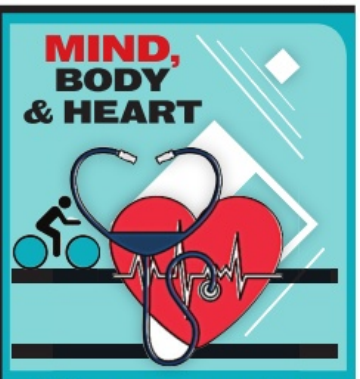
Science-based information should acknowledge where data are uncertain and where more research is needed.

Using the pretext of science to lend credence to a personal "truth" is a form of pseudoscience and should raise red flags.

These three principles are a good framework for deciding whether an influencer's health content is worth consuming or whether they're simply trying to sell a new supplement or spread viral disinformation about something like borax.

As online health information becomes easier to find (or harder to avoid), this framework can help people quickly scan a wellness influencer's profile and make a more informed decision about engaging with their content. This is an important type of media literacy that anyone spending time online should cultivate — for the sake of their health.

(By Michelle Cohen, Queen's University, Ontario, The Conversation)



All you need to know about...

HPV vaccine

Right age or not

While 9 to 14 is the right age to take the HPV vaccine, women who missed the jabs at the recommended age can still have some protection against cervical cancer, said experts on Monday.

23% deaths

Human papillomavirus (HPV) is a very common infection and high-risk strains are known to cause cervical cancer. India accounts for 1 in every 5 or 21 per cent of cervical cancer cases, according to a recent study published in the journal The Lancet Global Health. The cancer also causes almost one in every four or 23% deaths in the country.

Up to 45 years

The HPV vaccine is most effective when given to adolescents between 9 to 14 years of age. It is recommended for up to 45 years of age, experts said.

Most effective

"It is crucial for every girl to receive the cervical cancer vaccination between the ages of 9 to 26, as it is most effective when administered before the onset of sexual activity. This vaccine protects against the HPV strains responsible for cervical cancer. However, even individuals beyond the age of 26 and maximum till 45 may benefit from the vaccine, particularly if they have not been previously exposed to HPV," Dr Chetna Jain, Director Dept of Obstetrics & Gynecology, Cloudnine Group of Hospitals, Gurugram said.

Importance of the jab at a young age

"Today, younger generations are becoming sexually active with multiple partners at earlier ages, highlighting the importance of vaccination. If the cervical cancer vaccine is administered after the recommended age range, girls and women may still benefit from protection against certain HPV strains. Nonetheless, the vaccine's efficacy may reduce," she added. **IANS**

MIRRORLIGHTS

Study flags dietary trends that enhance risk of non-communicable diseases

A recent study has flagged disturbing dietary trends of excessive salt consumption and inadequate potassium intake, which increase the risk of development of hypertension, cardiovascular and chronic kidney diseases.

According to the study, conducted by researchers at The George Institute for Global Health India in collaboration with the Postgraduate Institute of Medical Education and Research (PGIMER) in Chandigarh, protein consumption was below the recommended dietary allowance and men exhibited higher nutrient intake compared to women.

The comprehensive study on the dietary habits of north Indian population was conducted focusing on the intake of sodium, potassium, phosphorus, and protein, that have an impact on the risk of development of non-communicable diseases such as hypertension, cardiovascular disease, and chronic kidney disease.

The study, published in the journal Frontiers in Nutrition, involved more than 400 adult participants with healthy adults and those with early-stage chronic kidney disease (CKD). It used 24-hour urinary excretion analysis to assess nutrient intake. This

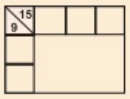
method is considered more accurate than dietary recall because it is less prone to errors related to memory or estimation of portion sizes. Care was taken to ensure the urine samples' reliability.

"Analysis revealed some alarming trends -- excessive salt consumption surpassing recommended levels, inadequate potassium intake (both of which increase the risk of development of hypertension, cardiovascular disease, and chronic kidney disease), and protein consumption below the recommended dietary allowance," professor Vivekanand Jha, The George Institute for Global Health, India and the lead study author, said.

A poor nutritious diet is a major risk element for non-communicable diseases. In India, people eat different foods, so it is important to know exactly what nutrients they are getting to help prevent and manage diseases, Jha said.

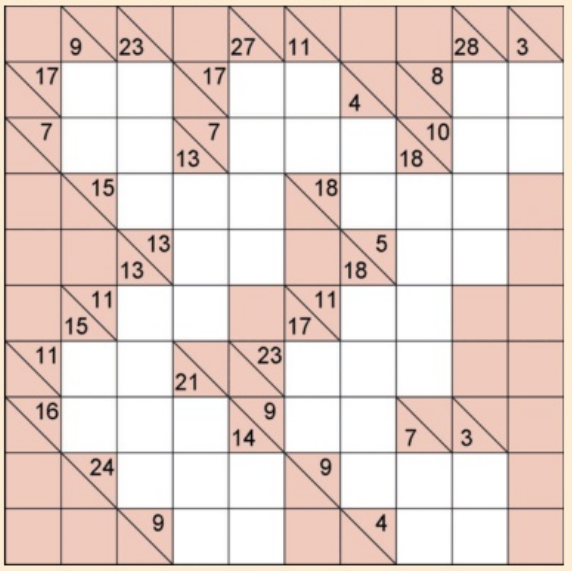
— PTI

Kakuro

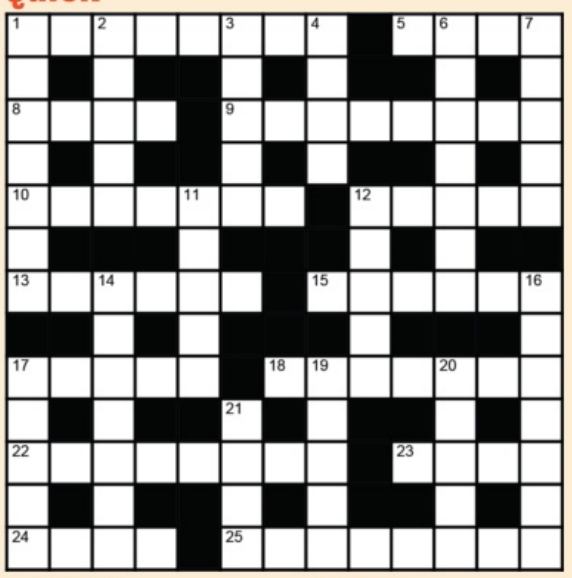


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Be an optimist and plan in a grandiose manner? (5,3)
5 Culmination (4)
8 Just (4)
9 A share of profits (8)
10 Landed estate (7)
12 Moderated or tempered? (5)
13 Swaggers or parades (6)
15 Large vegetable (6)
17 Irritable (5)
18 One facing the bowler (7)
22 ____ Memorial Hall: Venue for plays and musical performances in Kodandarampura (8)
23 Highest male voice (4)
24 Row of seats (4)
25 Wrecks (8)

DOWN

1 Mangers (7)
2 Inuit house (5)
3 Foretold, was an omen of (5)
4 Contributed (4)
6 More sanitary (7)
7 Finished (5)
11 Crazy or slightly eccentric (5)
12 Drink to one's health (5)
14 Make whole again (7)
16 Microsoft OS (7)
17 Understood (5)
19 Hurts (5)
20 Swedish port (5)
21 Look after (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS P

PWILI GM YCPWGYH ZCLI QITLQVA QCL PWI TDILTHI XILMCY GY CVL MCEGIPK PWTY PC MPTYS RIQCLI T HLCVX CQ XICXAI TYS MXITU.

Linemaro

There must be something wrong with my eyes, I can't take them off you

Mindchow

I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to those teachers

Joke of the day

Any salad can be a Caesar salad if you stab it enough

Loop

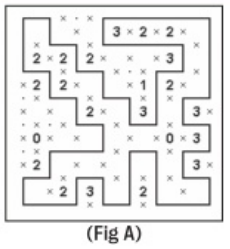
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

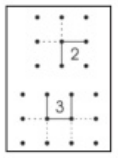
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

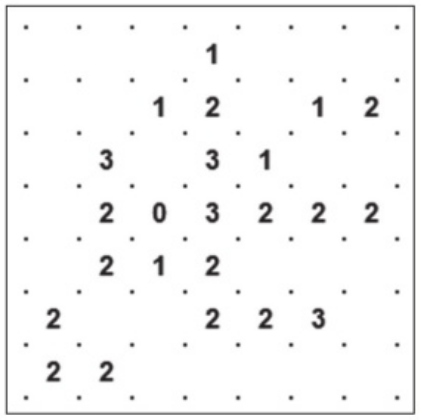
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



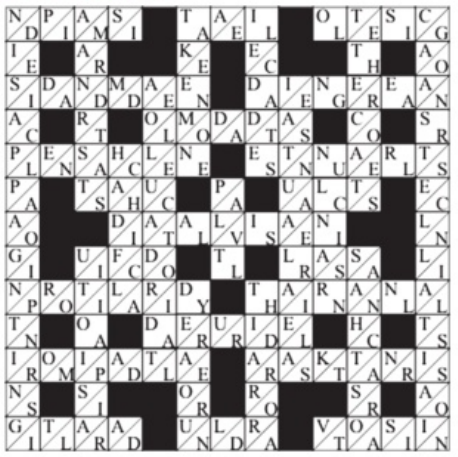
(Fig A)



(Fig B) Not Allowed



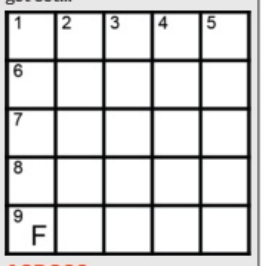
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Scrap; 6 Hem yo; 7 Bream; 8 Ale be; 9 Mrs of

DOWN

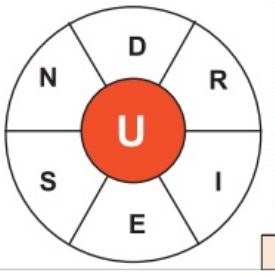
1 H Safe; 2 Coomb; 3 Bream; 4 Lamer; 5 Preys

Mensapuzzle

What number should replace the question mark?

10, 10, 9, 7, 7, ?, 4, 4, 3, 1

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

17 Average; 19 Good; 21 Outstanding

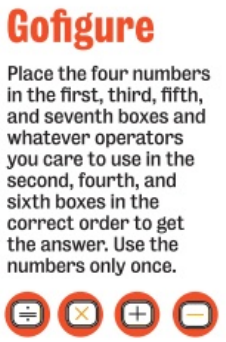
SudokuChallenge

2			8		1			
		7			3			4
	4						9	
8		2		5				9
		3	7		2	4		
1				9		6		2
	3						5	
7			4			2		
			5		7			1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

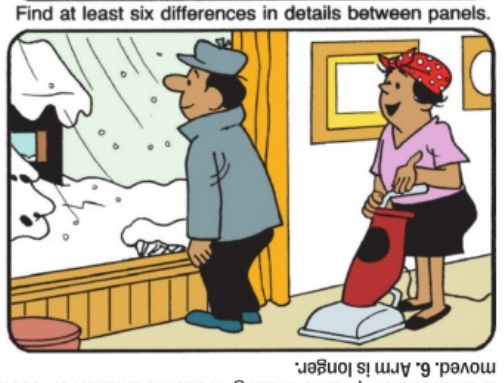
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



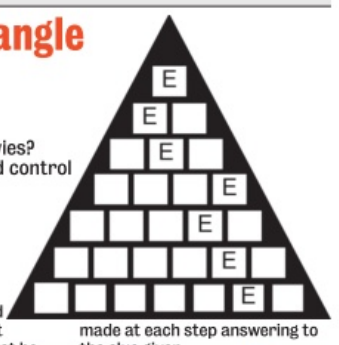
Differences: 1. Picture frame is different. **2.** Vacuum cord is different. **3.** Apron is missing. **4.** Bush is smaller. **5.** Foot is moved. **6.** Arm is longer.

Riddler

What expression is represented by the following?
CUPboard ==> CUoard UPbeat ==> Ueat SOAPbox ==> SOAox

Alpha triangle

1 Second vowel
2 tu Brute ...
3 Leaf drink
4 Go out with
5 Burdened with levies?
6 Moved per ground control
7 Obsessed

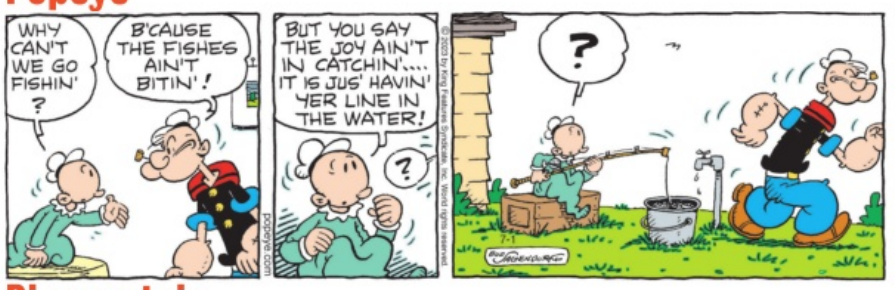


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

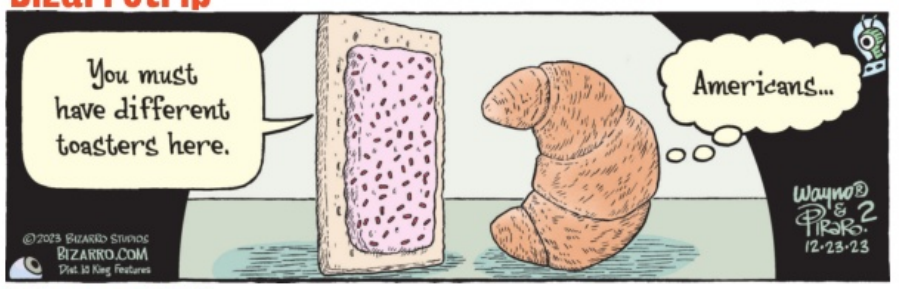
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip



Diamond Lil

Hart of the city

HOW ARE YOU GOING TO TELL MR. HAZELHORST WHO SUPPLIED THE ANSWERS TO THE TEST WITHOUT GETTING IN TROUBLE?
I'M GOING TO LEAK IT TO THE RUMOR MILL. I'VE BEEN A SECRET INFORMANT FOR THE PAPER FOR A FEW MONTHS NOW.
YOU DO GIVE OFF "SECRET INFORMANT" VIBES.
THANK YOU!
HEART OF THE CITY © 2023 ANDREWS MCMEEL
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12/23

Crankshaft

FUNKY CAN'T WAIT TO GET THIS SALE CONTRACT BECAUSE HE'S DYING TO FIND OUT WHO YOU ARE.
YOU SIGNED IT AS THE PIZZA MONSTER?
I HAD MY NAME LEGALLY CHANGED.
PIZZA
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12-23

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel some positive vibrations around you, which may show you the right path. With peace of mind, your performance on every front may be noticeable. Your destiny is with you. You may plan to visit a religious place which is somehow far from your territory. Your inner sense may ask you to engage in charity. You may also hear some good news in terms of a grandchild.

Taurus Apr 21 – May 20
Today you may feel some internal weakness. Some major health issues may recur. You may not be able to enjoy it on the domestic or professional front. Ongoing projects may stop unexpectedly. It may make you upset. You are advised to drive safely. Elder's blessing may help you come out of a messy situation.

Gemini May 21 – Jun 21
Today you may feel positive vibrations around you. Things are under control. You may plan to start a new business in a partnership. You may expect some long-distance travel also. You will renew faith with your spouse, which will bring harmony in your domestic life.

Cancer Jun 22 – July 23
Today is a good day for you. Investors may get good gains from their investments, which may boost their financial health. Money that was stuck may be recovered. This may increase liquidity in the business. You may become confident and gain control over hidden enemies and opponents. Singles may find their match in the same field or work place.

Leo Jul 24 – Aug 23
Today, you may feel dissatisfaction and may not be able to take up your responsibilities. Your investments may incur some losses. You are advised to read documents carefully before putting your signature. Parents' health may make you upset. You may plan to reconstruct your office. It is advised to postpone renovation work for some days.

Virgo Aug 24 – Sep 23
Today, you may plan to migrate from your current place to another place. It is advised to think twice before taking decisions regarding migration or change of place. You may also plan to change your job. There will be peace of mind. But your kids' health might make you upset. It is advised to avoid speculation in investments. Love birds need to be patient before taking an important decision in terms of marriage.

Libra Sep 24 – Oct 22
Today, you may have good patience. Meditation may help you increase concentration levels, which may help speed up your project. Your subordinates may cooperate with you and it may help you complete the project before the timeline. You are likely to go on some short trips, related to work. An influential person may help you boost your network.

Scorpio Oct 23 – Nov 22
Today, you may be busy with a family get-together and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money in buying some artefacts or household stuffs which may improve your social status. You are likely to hear some good news from one of your relatives.

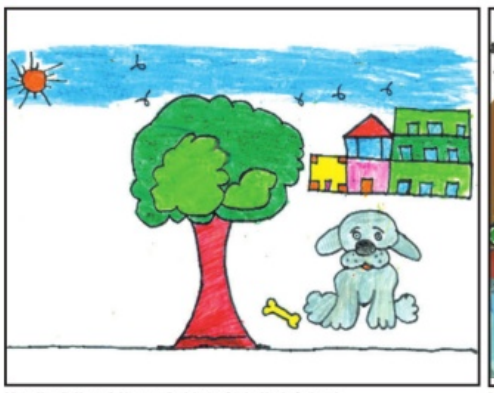
Sagittarius Nov 23 – Dec 22
Today you may be happy and blessed by the moon. You may feel healthy, which may reflect into your way of working. You may perform well in all areas of life, which may improve your prestige. Your concentration may be very good today. You may make some difficult decisions in your business in terms of growth.

Capricorn Dec 23 – Jan 20
Today your vital power may slow down and old diseases may reappear, which may make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of ligations, and try and settle things out of court. You may also plan for an overseas tour.

Aquarius Jan 21 – Feb 19
Today you may start your day with happiness. You may make quick decisions at work, which may increase your management skills. This may give benefits in the near future. You may expect some new source of income, which may boost your savings. With the help of your business partner, you may invest some amount in the business. Your bonding with the spouse may be increased, which may result in harmony in domestic life.

Pisces Feb 20 – Mar 20
Today, you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of an elder's blessings, job seekers may get some high position in the job. Managers may get promoted to top management. You may get rewards, which may increase your status. Professionally you may do well today.

KIDZONE



Mugdha R Urs, 8 Years, Baldwin Girls High School

Manasvi Taarana, 9 Years, National Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

BULL'S EYE
dune, insure, INSURED, inure, inured, nude, nurse, nursed, rude, ruin, ruined, rune, ruse, sued, sunder, sure, under, urine, ursine, used, user

RIDDLER
Get the lead out. "Pb", the symbol for the chemical element lead, has been removed from each of the original words.

S	C	A	R	P
H	O	M	E	Y
E	M	B	A	R
A	B	E	L	E
F	O	R	M	S

FAST FIVE

SOLVE IN 1M
6+6+11+666/222-66 = 6+6+3-66 = -66+15=-51

STRIKE OUT

G	L	A	D		N	D	A		V	A	I	N		
N		I			R		R					R		O
I	M	P	A	L	A		A	S	K	A	R	I		
T		O		A	E	R	I	E		H				T
N	O	T	A	R	Y		T	I	R	A	N	A		
I		U	F	O		L		R	A	S				L
O		I	T		A	L	I	A	N					L
P		S	A	C		A		U	L	T		E		
P	E	A	H	E	N		S	T	U	A	R	T		
A		R		L	O	A	D	S		C		S		
S	A	D	D	E	N		A	E	G	E	A	N		
D	I	M	S		T	E	L		O	T	I	C		

QUICK

T	H	I	N	K	B	I	G		A	C	M	E		
R		G		O		A		L		N				
O	N	L	Y		D	I	V	I	D	E	N	D		
U		O		E		E		A		E				
G	R	O	U	N	D	S		T	O	N	E	D		
H				U				O		E				
S	T	R	U	T	S		M	A	R	R	O	W		
I				S		T		E				L		
B	A	T	S	M	A	N		T	E	S	T	Y		
A		T		M		C		O		A		D		
A	H	O	W	D	I	A	H		A	L	T	O		
C	H	O	W	D	I	A	H		A	L	T	O		
R				E						A		E		
G	R	O	U	N	D	S		T	O	N	E	D		
E				E		E				A		E		
U		O												
O	N	L	Y		D	I	V	I	D	E	N	D		
R		G		O		A		L		N				
T	H	I	N	K	B	I	G		A	C	M	E		

MENSA PUZZLE
6: the sequence progresses -0, -1, -2 repeated.

QUOTE UNCODE
There is nothing more fearful for the average person in our society than to stand before a group of people and speak.

GO FIGURE
Easy
5 - 9 + 9 + 6 = 11
Medium
8 - 6 + 8 + 8 = 18
Hard
4 x 3 / 4 - 2 = 1

SUDOKU

6	2	8	5	7	3	9	4	1
7	1	5	4	8	9	2	6	3
4	3	9	1	2	6	7	5	8
1	5	4	3	9	8	6	7	2
9	6	3	7	1	2	4	8	5
8	7	2	6	5	4	3	1	9
3	4	1	2	7	5	8	9	6
5	8	7	9	6	3	1	2	4
2	9	6	8	4	1	5	3	7

ALPHA TRIANGLE
E, Et, Tea, Date, Taxed, Taxied, Fixated.

LOOP

KAKURO

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Not a bed of roses

Alia Bhatt opens up on parents' struggles

Alia Bhatt reflected on the early challenges faced by her mother, Soni Razdan, in the film industry. Despite lacking connections and struggling with Hindi proficiency, Razdan persevered in her acting career, displaying remarkable strength. Alia also shared insights into her father, Mahesh Bhatt's journey, highlighting his battles, including his struggle with alcohol addiction.

Talking to Elle US, the actor said that Mahesh Bhatt had a bunch of flops at one point; he barely had any money, and he was battling an addiction to alcohol. He eventually gave up drinking, but things were still very up and down with his life and work. Her parents struggled to get to a point where she could enjoy their privilege. If tomorrow she doesn't do well and she stops getting films, she'll still always acknowledge the fact that she got such great opportunities, so she can never really complain.

Alia further added that her mother came from nowhere and didn't know how she was going to make it. She had no connection to films and went from theaters to film studios to television studios to audition. She also couldn't speak Hindi well, so that was difficult for her. She never became a mainstream heroine. But she worked very hard.

Alia reflected on her mother's journey in the entertainment industry, highlighting Razdan's versatility across TV, film, and theater. **ETimes**

Workout buddies

Workout buddies Sara Ali Khan and Janhvi Kapoor have posted a cool video of them burning calories in the gym.

Taking to her Instagram stories, Sara, on Monday, shared the video featuring her intense workout session with close friend Janhvi. Both were seen radiating a cool vibe in their athletic attire as they were guided by instructor Namrata Purohit.

A fan later reposted the 'Murder Mubarak' star's workout video expressing admiration for the duo's dedication to fitness.

Meanwhile, on the work front, Sara's latest movie, 'Murder Mubarak,' directed by Homi Adajania, hit Netflix on March 15. Sara will be next seen in the patriotic film 'Ae Watan Mere Watan,' set in pre-independence India. Essaying the role of freedom fighter Usha Mehta, her character plays a crucial role in India's fight for independence from the British.

Janhvi Kapoor was last seen in the 2023 romantic drama 'Bawaal'. Her upcoming projects include pairing with Rajkummar Rao in 'Mr. and Mrs. Mahi.' She will also be seen in the Pan-India film 'Devara'. **-ANI**

Nora dazzles in yellow

Gearing up for the release of the upcoming film 'Madgaon Express', actress Nora Fatehi on Monday treated fans with some elegant pictures of herself wearing an ethnic outfit.

An avid social media user, Nora keeps on sharing alluring posts, giving her fans major fashion goals.

The new pictures show 'Kusu Kusu' song fame diva, wearing a pastel yellow coloured heavily embroidered suit. The actress kept her makeup minimal with rosy pink lips, and styled hair in soft waves. The ethnic look was rounded off with heels.

The post is captioned: "Have a good day." Fans commented on the pictures, saying, "Awsmmmm", "beautiful". Meanwhile, 'Madgaon Express' stars Divyenndu, Pratik Gandhi, Avinash Tiwary, Upendra Limaye, and Chhaya Kadam.

Nora also has 'Dancing Dad', and 'Matka' in the kitty. **-IANS**

Timothee as Bob Dylan

Actor Timothee Chalamet has begun his journey to play legendary American singer-songwriter Bob Dylan in his upcoming biopic 'The Complete Unknown'.

The actors' looks and pictures from the sets are going viral on social media. He was spotted on the set of James Mangold's upcoming biopic in New York City on Sunday.

In the viral photos, the 'Dune' actor can be seen holding an old guitar case in his hand as he walked the city streets dressed in a brown shirt and jeans, which was paired with a worn-out green jacket, an orange scarf, and a small hat.

He also carried a large yellow backpack.

Beside him, a retro-looking car drove by, setting the scene.

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Village matters

Bharjari Gandu, a film in which Kiran Raj debuts in Sandalwood as a full-fledged hero, is scheduled for release next month. Though the movie took more than a year for release, its teaser, trailer and soundtrack have created curiosity among movie-goers. A function was held at MMB Legacy on Friday to announce the film's release date.

Earlier, its title was fixed as Bahaddur Gandu that was said to be inspired by Kannada matinee idol Dr Rajkumar's classic movie with a similar title but later it is changed as Bharjari Gandu to avoid misunderstandings. Prasiddh, who debuts as a director with Ratnamanjari, has helmed Bharjari Gandu. "It is my second movie as a director. It all happened when my friend Kitty Kaushik, a cinematographer, introduced Kiran Raj and others to me. I am sure of Kiran Raj transforming himself as an action hero from his chocolate boy's image. His performance is superb in Bharjari Gandu that is based on village life. The movie is about what the hero does for the welfare of villagers,"he said.

Maiden success

Debutant music director Ritwik Kaikini was elated when veteran music director V Harikrishna appreciated him for the quality of music he scored for the movie Kenda. Ritwik is the son of well-known lyricist and writer Jayant Kaikini. A function was held at SRV Theater to launch a soundtrack of the movie on Thursday.

"I am very happy with the quality of music scored by Ritwik. I consider it to be the first success for Ritwik. The movie has three songs and each are different from the other. As of now, there are too many songs out there. It has become a challenge for music directors to establish their songs. The three songs of Kenda look fresh," said music director Harikrishna, adding that lyricist Jayant Kaikini helped him a lot by writing good lyrics. Director-cum-writer Yogaraj Bhat recalled how Ritwik and he became friends during the lockdown.

D Beats, an audio company owned by V Harikrishna and Shylaja Nag, bought the audio rights of Kenda.